

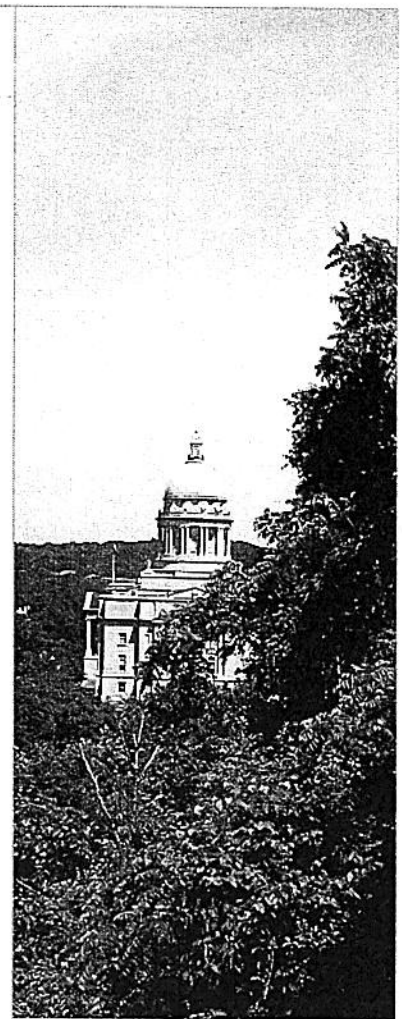


Franklin County Fiscal Court & Heuser Health

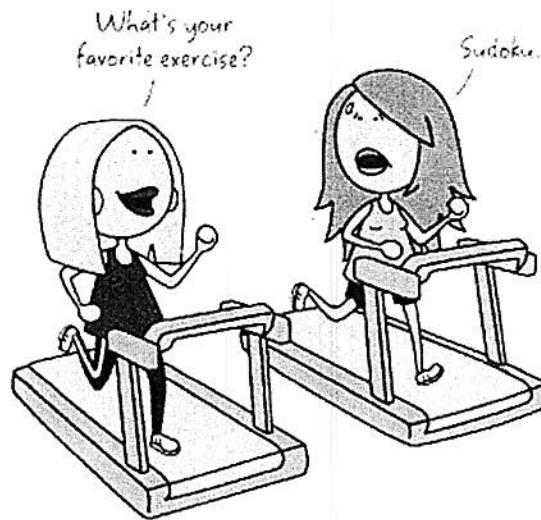
Partner in wellness

WELLCARE ASSESSMENTS

The Franklin County Fiscal Court and Heuser Health will begin the 2015 wellness program by having onsite wellcare assessments. This will entail gathering biometric data to aide in nutrition assistance and strategies for optimized health.



- Height
- Weight
- Body mass index
- Body fat percentage
- Waist Circumference
- Blood pressure
- Fasting blood glucose
- Cholesterol
- HDL
- LDL
- Triglycerides



FITNESS WORKSHOPS

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/11\

HEUSER FITNESS



Heuser fitness workshops to be held throughout the year. Employees can sign up to attend as interested. Three (3) 45 minute courses each workshop led by Masters degreed exercise physiologists. Topics to be determined by FCFC but suggestions include: Demo band or chair workouts, importance of building and maintaining muscle, efficient/effective cardio exercise, etc.) Employees will also be offered VIP passes to attend classes at the Heuser Louisville location if interested.



Understand the “WHY”
behind nutrition science.

NUTRITION CLASSES

Heuser Health will conduct a one-hour lecture on the science of nutrition and discuss strategies to eating for optimized health including diet specific advice to prevent heart disease, diabetes and other preventable, chronic diseases.



WELLNESS PROGRAM POINTS SYSTEM

EMPLOYEE RECEIVES A
\$100.00 GIFT CARD FOR
FIRST 500 POINTS
EARNED

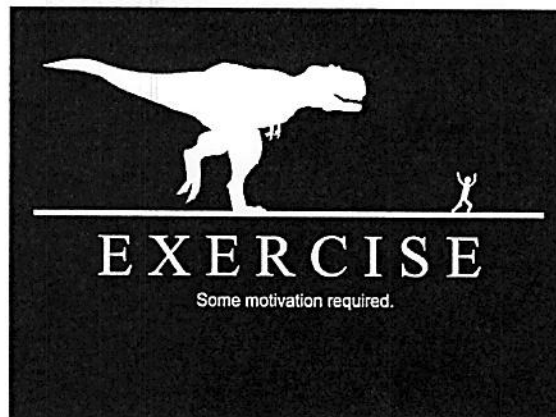
EMPLOYEE RECEIVES A
\$50 BONUS GIFT CARD
FOR EARNING ANOTHER
500 POINTS (MAXIMUM
ANNUAL INCENTIVE TO-
TALS \$150)

POINTS TRACKED BY
HEUSER HEALTH. GIFT
CARDS SENT DIRECT TO
EMPLOYEE FROM HEU-
SER HEALTH AS
EARNED.



FCFC WELLNESS PROGRAM POINTS SYSTEM

Completion of Heuser Diagnostic Examination	250 points
Bonus - Fasting glucose in range	25 points
Bonus - Blood pressure in range	25 points
Bonus - Total Cholesterol in range	25 points
Bonus - BMI (or Body Fat%) in range	25 points
Bonus - Completion of follow up exam and improvement to goal in above biometrics if out of range	25 points each
Nicotine Screen	25 points
Bonus - Negative Nicotine Screen	100 points
Bonus - Positive Screen & Proof of completion of smoking cessation program	100 points
Completion of Heuser online self-assessment tool located at http://heuserhealth.com/diagnostics/self-assessment-tool/	25 points
Completion of Heuser Nutrition Class	50 points (once per year)
Proof of P.O.P.S. Test Results (50th percentile or higher)	250 points
Completion of Heuser Fitness Workshop	25 points each 45-minute session attended (up to 4 per year).
Proof of routine preventive dental exam	25 points (twice per year)
Proof of annual flu shot	50 points
Proof of registration for and completion of a fitness event sanctioned by a recognized fitness, athletic, or sporting organization. i.e. 5K race bib, photo	50 points each (up to 5 each year)
Proof of preventive care exams — Pap smear — female, age 18+ Mammogram — female, age 40+ Prostate exam — male, age 40+ Colorectal screening — female or male, age 50+	50 points each
Participation in one of various "monthly challenges" to be administered by Heuser Health — i.e. see attached examples	10 points (up to 5 each year)
Verified participation at a fitness facility; minimum of 9 visits per month.	50 points per month (up to 5 times each year)



SELF-REPORTED POINTS SCORECARD

THE ATTACHED DOCUMENT(S) IS PROTECTED HEALTH INFORMATION



**HEUSER
HEALTH**



**HEUSER
DIAGNOSTICS**



**HEUSER
FITNESS**



**HEUSER
NUTRITION**

FAX # (502) 895-4418

Fax Self-Reported Points Scorecard to Heuser Health at (502)895-4418 or email to amy@heuserhealth.com along with proof of activity.

FRANKLIN COUNTY FISCAL COURT WELLNESS PROGRAM

Self-Reported Points Scorecard – attach proof document

EMPLOYEE NAME: _____

EMAIL ADDRESS: _____

		Check
Proof of completion of smoking cessation program	100 points	
Completion of Heuser online self-assessment tool located at http://heuserhealth.com/diagnostics/self-assessment-tool/	25 points	
Proof of P.O.P.S. Test Results (50th percentile or higher)	250 points	
Proof of routine preventive dental exam	25 points (2 each year)	
Proof of annual flu shot	50 points	
Proof of registration for and completion of a fitness event sanctioned by a recognized fitness, athletic, or sporting organization. i.e. 5K race bib, photo	50 points each (5 each year)	
Proof of preventive care exams – Pap smear – female, age 18+ Mammogram – female, age 40+ Prostate exam – male, age 40+ Colorectal screening – female or male, age 50+	50 points each	
Verified participation at a fitness facility; minimum of 9 visits per month.	50 points per month (up to 5 times each year)	

